

Program Details

This is an overview of the many benefits that Healthy Hillsboro offers. For more information and details on any part of this program, please contact the Human Resources Department, 503-681-6455.

SHARC: Shute Park Aquatic & Recreation Center

Employees and their eligible dependents receive a membership to SHARC. This includes access to pools, group fitness classes and a full gym.

Gym Membership

Gym membership (including initiation fees and monthly dues) are now eligible up to a \$200 per fiscal year reimbursement, per family. Choose to pay for months in advance or monthly. You can submit requests twice a year.

Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) offers free and confidential assessments, referrals, and counseling. These services are available at any time and can assist with work-related concerns, personal problems, and other issues affecting your well-being. The program also offers a wide variety of information and referral services which are all designed to assist employees and their family in resolving work/life issues. EAP provides counseling services for issues including but not limited to:

- Coping with stress
- Financial and legal services
- Family issues
- Alcohol or drug related problems
- Health & Wellness Education



Annual Reimbursement Limits

The maximum amount that can be reimbursed per employee is \$200 per fiscal year. In some cases an individual limit applies.

- Fitness Classes
- Race Entry Fees (*with proof of attendance*)
- Exercise Equipment/Fitness trackers (*\$75 limit per fiscal year*)
- Gym Membership
- Ergonomic Work Station (*\$100 limit per fiscal year*)
- Personal Training Session
- Online Streaming Fitness Classes
- Weight Watchers
- Yoga Classes

Employees subject to a Collective Bargaining Agreement (CBA) must adhere to gym reimbursement rules and limitations cited in the CBA.

Reimbursement Process

In order to receive reimbursement through the Healthy Hillsboro program, please fill out the Healthy Hillsboro reimbursement request form and provide proof of payment. This form can be found in the Healthy Hillsboro section of the Human Resources SharePoint page. Some requests such as race registrations will require proof of attendance.

** HPOA – Please see your Contract Agreement for reimbursement information and limitations.*

Kaiser & Regence Resources and Other Partner Websites

- Weight Management
- Tobacco Cessation Programs
- CHP Active & Healthy Program
- Hubhub

Hubhub Health Challenge Platform

Earn up to \$100.00 Amazon Gift Cards per year for completing the Health Challenge:

Kaiser:

- visit www.hubbhealth.com
- Click Sign Up and create your account
- Click on Company to learn more about the 2018 program
 - ⇒ Company Code=CISCOMPANY
 - ⇒ Employee ID = Your Birthdate (mmddyyyy)

Regence:

- Log into you account on Regence.com (or create one)
- Scroll down to click on the hubhub health button
- Click on Company to learn more about the 2018 program

CHP Active & Healthy Program

Kaiser:

Visit chpactiveandhealthy.com, create a username and password, and then enter your HRN number.

Regence:

Visit chpgroup.com/shop/regence-chp-active-and-healthy.



Healthy Employees are Our Priority

The City of Hillsboro takes the health of its employees very seriously. That's why we have enhanced the services that we provide through our wellness promotion Healthy Hillsboro. This program is designed to promote a healthy active lifestyle in the areas of fitness, nutrition, and mindfulness. This is done through reimbursing some of the associated costs of health related programs and sponsoring City events such as our annual flu shots and Wellness Fair.



Employees may be reimbursed by the City up to a maximum of \$200 every fiscal year per family for exercise programs, exercise equipment, and gym memberships. These health-related fringe benefits are considered taxable income and will be reported as wages on W-2 forms. By choosing to participate in Healthy Hillsboro, all employees and their eligible dependents are agreeing to observe the rules and regulations of the facilities and programs provided through the program. The City exercises the right to monitor the use of these programs and, if necessary, change any part of the program.

Not Eligible for Reimbursement

- Weight loss programs that include meals or meal replacements such as Medifast, Nutrisystem, or Jenny Craig
- Recreational sports team and league fees such as swim teams, softball, or soccer leagues
- Fitness apparel or footwear



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HEALTHY HILLSBORO

